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*Excerpt from
“An Application of Transpersonal Experience - Hemi-Sync® Journeys”*

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During the *STARLINES* program, our progress toward *cosmic consciousness* continued. According to Ken Wilber, as our sense of identity expands, we go from identifying with our own organism (me) to identifying with our family, group, nation (us) to finally identifying with all beings/energies in the universe (cosmic consciousness). Continuing to reclaim and integrate parts of Self and discover our relationship with other life forms, we used the energy of the Gathering (F34–35) as a starting point for further explorations of life and consciousness beyond the Earth/Human realm. There are parallels between outer space exploration and inner space explorations (as without, so within and vice-versa). For instance, the central point of our galaxy has higher energy frequencies that seem to lead to higher states of consciousness and Self-Integration. While scientists believe that the Galactic Core may be a “black hole,” drawing matter into it, consciousness explorers suggest that it may be a major consciousness portal or stargate.

Franceen King (senior TMI residential trainer) developed *STARLINES* in 2003 and included some new focus levels, F42–49, which include Hemi-Sync binaural beats mixed with NASA cosmic sounds (radio waves translated into audible form). Hubble Telescope images aided our journeys.

According to Robert Monroe, there are “octaves” of consciousness, i.e. Focus 21–28, 35–42, and 42–49, each representing a particular theme. In F28–35, the theme is gathering awareness of the I-There, an organized collection of personalities and life experiences existing beyond time/space. This is similar to the idea of an Oversoul or Higher Self in some philosophical systems, e.g. Jane Roberts’ *Oversoul Seven Trilogy*. In F35–42, one gathers awareness of the I-There Cluster (an organized collection of bonded/related I-Theres, with awareness of the purposes and relationships of the I-Theres of which it is composed). From F42–49, the theme is gathering awareness of the nearby portion of the ‘Sea of I-There Clusters’ (a seemingly infinite set of I-There Clusters) and future pathways to the Source, Great Emitter, or All That Is. It is interesting to note the parallels between the I-There and a galaxy (a collection of star systems); between I-There Clusters and galaxy clusters; and between the Sea of I-There Clusters and galaxy super-clusters (a collection of several clusters of galaxies).

Our group traveled in an energetic “spaceship” called Voyager 8. In it, we explored the Solar System, familiarizing ourselves with the individual consciousness of each planet, as well as the group consciousness of the entire solar system. They are connected to each other, although each has a unique energy signature. Saturn felt heavy, while Neptune and Uranus had a pleasant, light energy. I made contact with my I-There (a bright energy swirl) and was open to

perceive whatever was essential to me. I got the impression that the planets enjoyed mixing their energies in a dance/flow and that we humans are key “pollinators” in that process.

With the aid of F42 Hemi-Sync frequencies, we traveled to the Alpha Centauri and Sirius star systems. Alpha Centauri had lots of planets circling in a doughnut-shaped belt around two suns. The beings there (angular, short limbed) were very friendly (their energy felt like part of my I-There cluster), and they showed me around. They seemed to have a “pair” consciousness, though they can also function alone with some difficulty. Sirius felt empty and desolate. The custodian energy being there told me that Sirius’ many planets were destroyed by war and natural disasters. Many Sirians left and settled/incarnated in the neighboring star systems, including Earth and Alpha Centauri. I felt deep compassion, love, and a desire to heal the entire area. On another trip, we visited Arcturus, which felt heavy/low in energy and old. The Pleiades was a very familiar energy. There seemed to be several civilizations able to “teleport” themselves and their large ships from one planet to another via laser telescope-type equipment. The beings there were golden/orange, very thin, with triangular faces and slanted eyes, and resembled one of my guides. Orion felt like a sort of United Nations—the government of our galactic neighborhood—with ambassadors from many star systems, including ours. We were introduced to an energetic multi-dimensional space station, called “Alpha Squared” that symbolized *our* I-There Cluster in the Sea of I-There Clusters. It appeared as a cylinder full of energy swirls (I-Theres) bonded to each other, transferring and homogenizing their energy, and thus bonding with more I-Theres. Eventually, they all click into one piece and become a fully formed I-There cluster. The process is similar when I-There clusters eventually form a sea of clusters.

The next stop was some of the pulsars in the Milky Way. The millisecond pulsar felt familiar to me and very nurturing. The being there took me into an octagonal room with a large white crystal in the center and explained that pulsars are the communication centers of our galaxy: they are like flashing neurons in the body, forming the nervous system of the galaxy, and exchanging energy/information within the galaxy but also with neighboring galaxies. I perceived the entire galaxy as a sentient organism and part of a larger organism—the Universe. Nonphysical travel throughout the universe at the speed of thought is much faster than the speed of light and takes advantage of several shortcuts/portals. One can travel very quickly to the center of the galaxy by hopping from pulsar to pulsar, as the millisecond pulsar is relatively close to the galactic core. I got the image of a galactic “bee” disseminating energy from one part to another of the galaxy, a function that seems to be important for spiritual growth and integration. F49 Hemi-Sync signals took us to the galactic core. The experience was almost indescribable. It was expansive, peaceful, loving, blissful, enlightening, and much, much more. I lost the notion of “me” and felt one with the galaxy. The galactic core—a funnel of colorful energy swirls—sucked me in and I sensed Andromeda, our neighboring galaxy. It also felt familiar, part of the same organism.

My spiritual awakening during *STARLINES* increased exponentially, as I experienced firsthand the cosmic consciousness, identifying with our galaxy and beyond. I credit TMI programs for my

decision to pursue a degree in transpersonal studies, to further my formal education in the consciousness field.